

## Food Sources of Sodium

We need small amounts of sodium, but eating too much can increase the risk of high blood pressure and heart disease. Most adults only need 1500 mg of sodium per day. Many Canadians eat much more than this. To decrease the risk of chronic disease, limit your intake to below 2300 mg per day.

Knowing how much sodium there is in food can help you make more healthy food choices. The table below lists foods and their sodium content. The sodium content of foods can also be found on food labels. Use this information to make lower sodium choices.

<i>Food</i>	<i>Serving Size</i>	<i>Sodium (mg)</i>
Vegetables and fruit		
Tomato sauce, canned	125mL (½ cup)	614
Sauerkraut, canned	125mL (½ cup)	496
Pizza sauce, ready to serve, canned	125mL (½ cup)	463
Pickles (sour)	1 small	447
Pepper, jalapeno, canned	1 pepper	368
Tomato juice, canned	125mL (½ cup)	325
Pickles (dill)	1 small	299
Olives, canned	4 olives	248
Tomatoes, canned	125mL (½ cup)	236
Potatoes, instant, mashed	125mL (½ cup)	191
Vegetables, mixed, canned	125mL (½ cup)	184
Tomato and vegetable juice, low sodium	125mL (½ cup)	89

Tomatoes, sundried	125mL (½ cup)	70
Tomato paste, no salt added	60mL (2 Tbsp)	41
Vegetables, any variety, no sodium added, canned	125mL (½ cup)	25
Tomato juice, no salt added	125mL (½ cup)	13
Pepper, jalapeno, raw	1 medium	0
Fresh and most frozen vegetables contain very little sodium. All fruit including fresh, frozen, dried and canned is low in sodium.		
Grains		
Bread stuffing, dry mix, prepared	125mL (½ cup)	506
Macaroni and cheese, box mix, prepared	125ml (½ cup)	459
Hot cereal, instant	175mL (¾ cup)	370-225
Rice mix, seasoned, prepared	125mL (½ cup)	365
Bagel	½ bagel	288
Crackers, saltine	10 saltines	282
Pancake mix	1 small pancake	239
Bread roll	1 roll	224
Muffin, commercial	1 small	222
Bread, whole wheat, commercial	1 slice	213
Breadcrumbs, plain, commercial	60mL (2 Tbsp)	200
Pancakes, frozen	1 pancake	189
Breadstick, plain	1 stick	71
Grains cooked without salt such as rice, barley, quinoa, oats, wheat and whole grain pasta are low in sodium.		

Meat, fish, poultry and eggs		
Mackerel, salted	75g (2 ½ oz)	3337
Anchovies, canned	75g (2 ½ oz)	2751
Bacon, turkey, cooked	75g (2 ½ oz)	1516
Salami	75g (2 ½ oz)	1418
Bacon, pork, cooked	75g (2 ½ oz)	1263
Pepperoni	75g (2 ½ oz)	939
Bacon, pork, reduced sodium, cooked	75g (2 ½ oz)	773
Sausage, Italian, cooked	75g (2 ½ oz)	614
Chicken, rotisserie with seasoning	75g (2 ½ oz)	235-544
Sausage, chorizo, cooked	75g (2 ½ oz)	540
Chicken nugget, cooked	75g (2 ½ oz)	420
Crab, imitation (surimi)	75g (2 ½ oz)	397
Fish sticks, cooked	75g (2 ½ oz)	302
Salmon, canned, salted	75g (2 ½ oz)	293-306
Egg substitute	125mL (½ cup)	264
Sardines, canned	75g (2 ½ oz)	173
Egg, whole, cooked	2 large eggs	125
Mackerel, baked or broiled	75g (2 ½ oz)	62
Salmon, canned, unsalted	75g (2 ½ oz)	56
Fresh and unprocessed frozen meat, poultry and fish contain little sodium.		

Legumes, nuts and seeds		
Beans, baked, plain, canned	175mL (¾ cup)	644
Tofu, smoked	175mL (¾ cup)	423mg
Pumpkin seeds, salted	60mL (¼ cup)	412
Veggie burgers	1 patty (70g)	398
Chickpeas, canned, drained, rinsed	175mL (¾ cup)	225
Cashews, salted	60mL (¼ cup)	222
Almonds, salted	60mL (¼ cup)	174
Peanut butter	30mL (2 Tbsp)	139
Soy beverage, fortified	250mL (1 cup)	96
Edamame, raw	125mL (½ cup)	20
Tempeh	175mL (¾ cup)	14
Tofu, regular	175mL (¾ cup)	10
Chickpeas, no salt added , canned	175mL (¾ cup)	7
Cashews, unsalted	60mL (¼ cup)	6
Almonds, unsalted	60mL (¼ cup)	1
Dried beans and lentils, as well as unsalted nuts and seeds and 100% natural nut and seed butter contain little sodium.		
Milk, yogurt and cheese		
Processed cheese slices (cheddar)	50g (1 ½ oz)	907
Feta cheese	50g (1 ½ oz)	458
Gouda cheese	50g (1 ½ oz)	410
Cottage cheese, regular	125mL (½ cup)	368
Mozzarella cheese	50g (1 ½ oz)	355

Cheddar cheese	50g (1 ½ oz)	322
Buttermilk	250mL (1 cup)	272
Chocolate milk, 2%	250mL (1 cup)	174
Milk, 2%	250mL (1 cup)	121
Yogurt, fruit flavoured	175mL (¾ cup)	67
Swiss (Emmental) cheese	50g (1 ½ oz)	35
Cottage cheese, dry curd	125mL (½ cup)	20
Soups		
Broth, chicken	250mL (1 cup)	869
Broth, beef	250mL (1 cup)	812
Chicken noodle soup, canned	250mL (1 cup)	740
Chicken noodle soup, reduced sodium	250mL (1 cup)	529
Broth, beef, reduced sodium	250mL (1 cup)	516
Broth, beef, no salt added	250mL (1 cup)	38
Oils and fats		
Salad dressing, Caesar	15mL (1 Tbsp)	180
Dip, cream cheese based	30mL (2 Tbsp)	182
Butter, regular	15mL (1 Tbsp)	93
Salad dressing, low sodium	15mL (1 Tbsp)	16
Butter, unsalted	15mL (1 Tbsp)	2
Vegetable oil	15mL (1 Tbsp)	0
Vinaigrette no salt added, homemade	15mL (1 Tbsp)	0

Other foods		
Salt, table	5mL (1 tsp)	2373
Soy sauce	15mL (1 Tbsp)	1244
Salt substitute, with potassium, reduced sodium*	5mL (1 tsp)	1040
Teriyaki sauce	15mL (1 Tbsp)	700
Taco seasoning	15mL (1 Tbsp)	625
Oyster sauce	15mL (1 Tbsp)	499
Salsa	60mL (¼ cup)	463
Soy sauce, reduced sodium	15mL (1 Tbsp)	425
Hot sauce	15mL (1 Tbsp)	381
Pretzel, soft	1 small pretzel	338
Gravy, canned	60mL (¼ cup)	331
Teriyaki sauce, reduced sodium	15mL (1 Tbsp)	325
Cake mix, prepared as directed	1/12 cake slice	315
Chocolate pudding, instant mix, prepared	125mL (½ cup)	275
Capers, canned	15mL (1 Tbsp)	205
Mustard, yellow	15mL (1 Tbsp)	174
Worcestershire sauce	15mL (1 Tbsp)	171
Relish	15mL (1 Tbsp)	166
Barbecue sauce	15mL (1 Tbsp)	163
Ketchup	15mL (1 Tbsp)	138
Chips, plain (potato, tortilla)	250mL (1 cup)	110

Horseradish	15mL (1 Tbsp)	64
Popcorn, microwave	250mL (1 cup)	64
Popcorn, air-popped, plain	250mL (1 cup)	1
Salt substitute, herb blend, no sodium	5 mL (1 tsp)	0

Source: Canadian Nutrient File. Accessed July 2019.

\*Note: Consult with your health care provider before using a salt substitute with potassium.



## Additional Resources

For information and advice based on your specific food and nutrition needs and preferences, call 8-1-1 and ask to speak to a HealthLink BC dietitian.

For additional information, see the following resources:

- 1 HealthLink BC [www.healthlinkbc.ca](http://www.healthlinkbc.ca) – Get medically approved non-emergency health information.
- 1 Dietitian Services Fact Sheets - Available by mail (call 8-1-1) or visit [www.healthlinkbc.ca/healthy-eating](http://www.healthlinkbc.ca/healthy-eating)

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## Notes

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